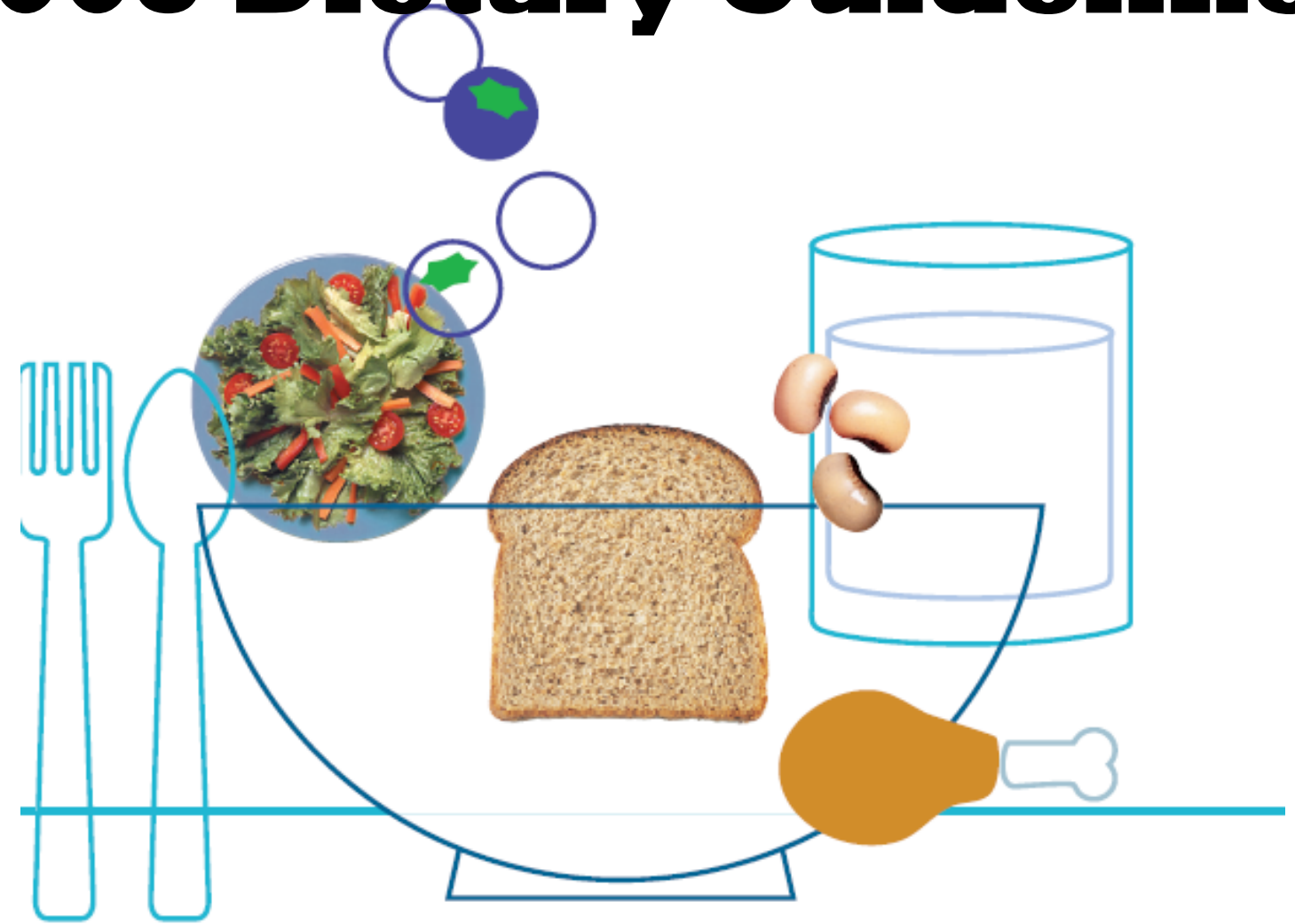
2005 Dietary Guidelines



Feel better today,

Stay Healthy Tomorrow

History

- Report issued every 5 years by Health & Human Services and Agriculture
- Nutritional and dietary information and guidelines for the general public
- Based on scientific and medical knowledge on food and health
- Form basis of Federal food, nutrition education, and information programs

Focus on Fruits

2 cups daily (4 servings)

<u>½ cup equivalent is:</u>

- ½ cup fresh, frozen, or canned fruit
- 1 med fruit
- ¼ cup dried fruit
- USDA: ½ cup juice
- DASH: ¾ cup juice

Vary your veggies

Eat 2.5 cups (5 servings) daily

- Dark greens: 3 cups/week
  - Broccoli, kale, spinach
- Orange: 2 cups/week
  - Carrots, sweet potatoes, pumpkin, winter squash
- Legumes: 3 cups/week
  - Beans, peas, kidney, black, lentils
- Starchy: 3 cups/week
  - potatoes
- Other veggies: 6.5 cups/week

Get your calcium rich foods

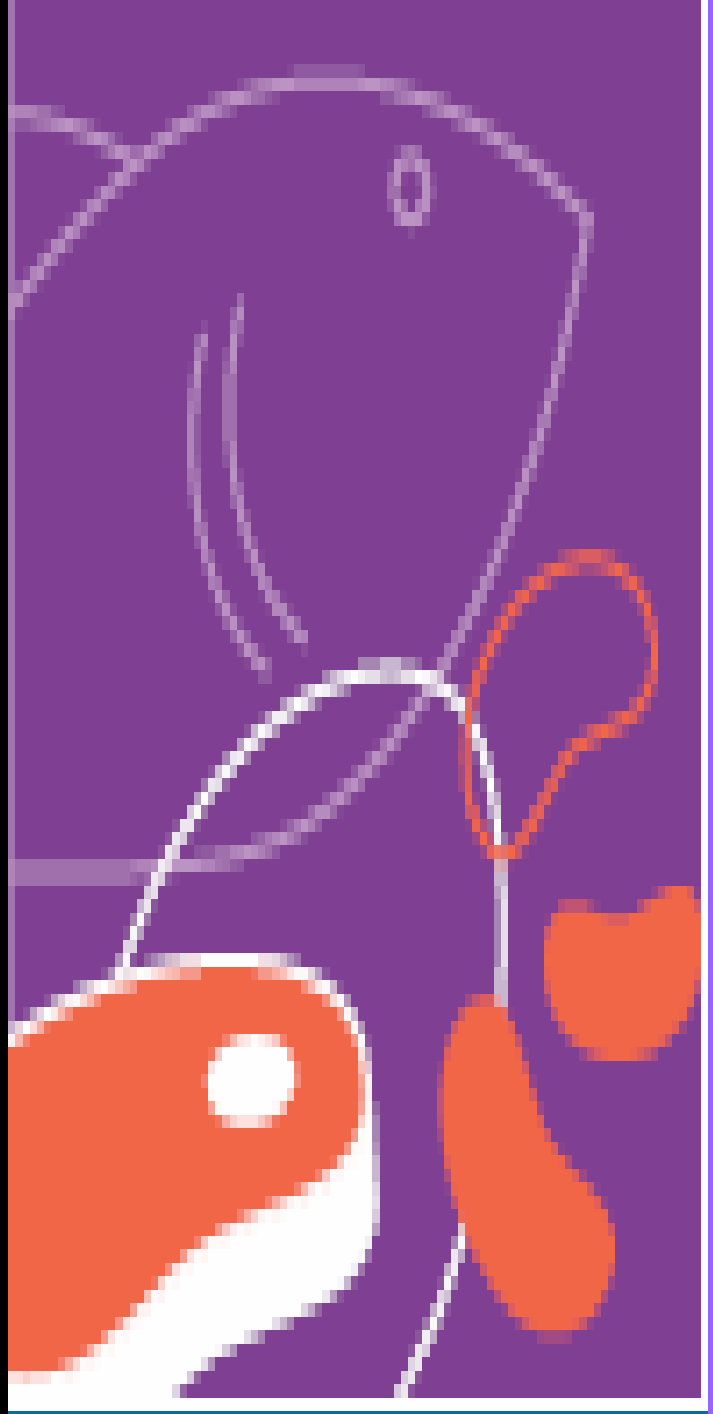
3 cups of low-fat or fat free milk

Equivalent amount of low fat yogurt and/or low fat cheese (1.5 oz cheese = 1 c milk)

If you can’t consume lactose, choose lactose-free milk products and or calcium fortified foods and beverages

Make half your grains whole

Eat at least 3 ounces whole grain cereal, bread, crackers, rice, pasta every day.



Go lean with protein

- Choose lean meats and poultry.
- Bake, broil, grill it!
- Vary with fish, beans, peas, nuts, seeds

Nutrients of Concern

- Adults:
  - Calcium, potassium, fiber, magnesium, Vitamins A (carotentoids), C and E.
- Children and Adolescents:
  - Calcium, potassium, fiber, magnesium, and Vitamin E.
- Specific population groups (Elderly, pg / bf women):
  - Vitamin B_{12}, iron, folic acid, Vitamins E and D

Find your balance between food and physical activity

Be physically active 30 minutes most days of the week

Increase intensity or duration for increased health benefits and to control body weight.

- 60 minutes of physical activity most days may be necessary to prevent weight gain
- Children and teenagers should be active 60 minutes every day

Get the most nutrition from your calories

- Choose foods high in vitamins and minerals and low in fat and calories.
- Choose the most nutritionally rich foods you can from each food group.
- Pick foods like fruits, vegetables, whole grains, fat-free or low-fat milk products more often.

Know your Facts…

- Check servings
- Make your calories count
- Don’t sugar coat it!
- Know your fats
- Reduce sodium (salt), Increase potassium

Nutrition Facts

Serving Size ½ cup (124g)
Servings Per Container approx. 3½

Amount Per Serving

Calories 60 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 1g	**4%**
Sugars 14g	
Protein 0g	

Vitamin A 6% • Vitamin C 8%
Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: PEACHES, PEAR JUICE.

Play it safe with food

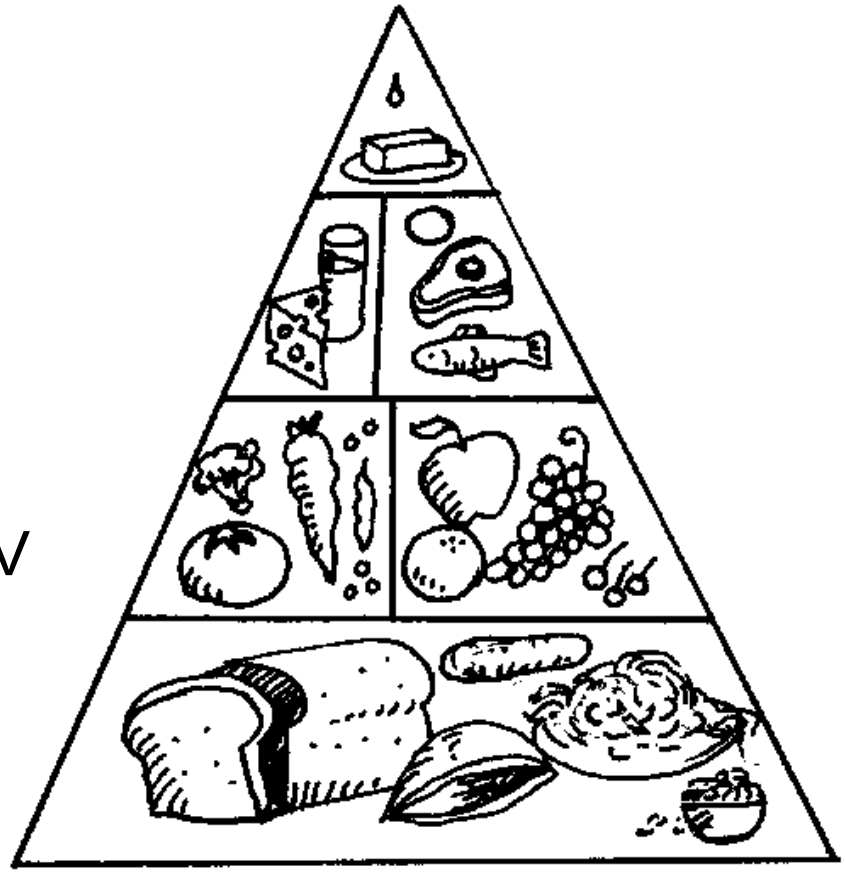
- Wash hands and food contact surfaces
- Separate raw, uncooked foods from ready-to-eat foods
- Cook all meat to safe internal temperatures
- Chill perishable foods promptly and thaw foods properly

About alcohol

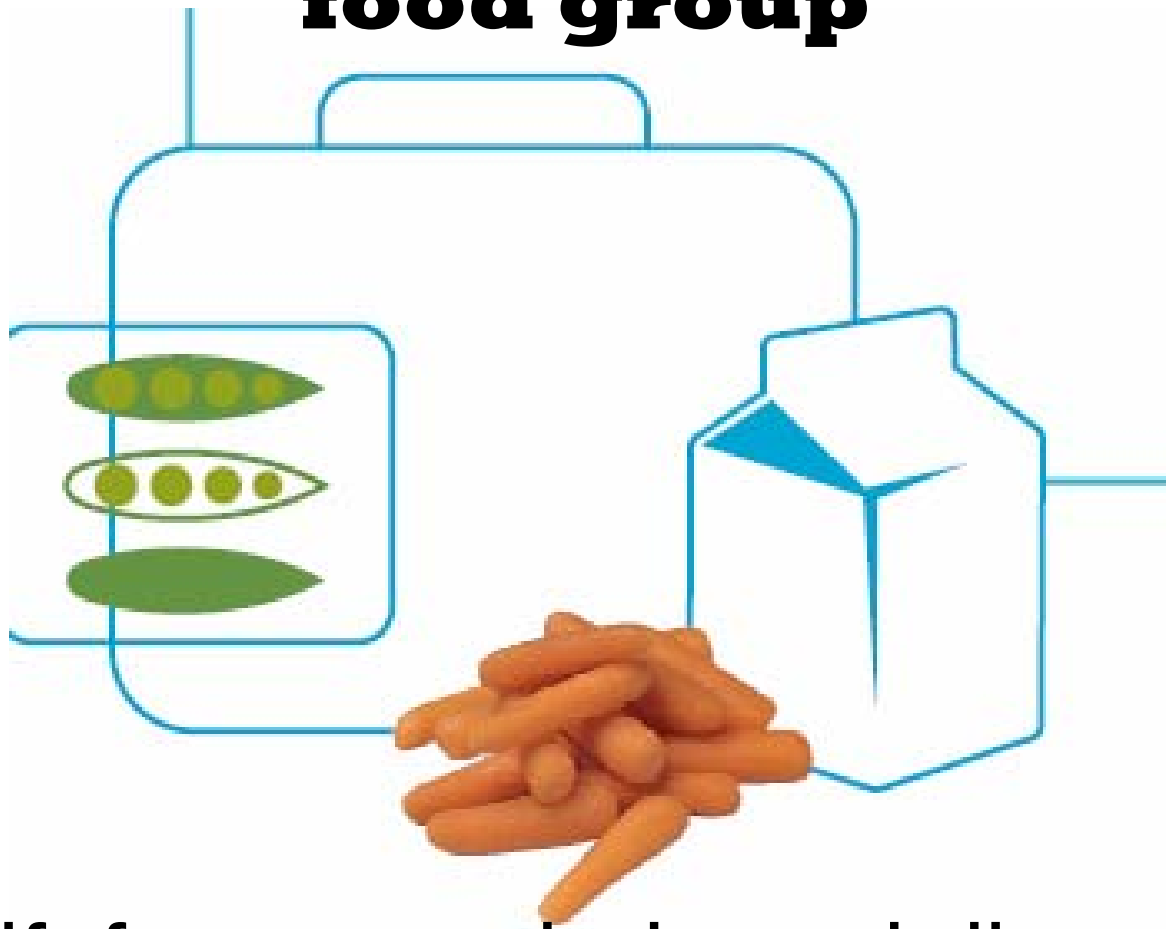
- If you choose to drink, do so in moderation
- Up to 1 drink / day for women
- Up to 2 drinks / day for men

Modifications from 2000 Guidelines

- ✓ Increase physical activity!!!
- ✓ Balance calorie intake with physical activity
- ✓ Change serving size to standard ½ cup for all produce.
- ✓ Recommend “5 cups” of F/V rather than “5 servings”
- ✓ Increase dairy food recommendation



Make smart choices from every food group



A shift from a grain-based diet to fruit and vegetable based diet

For more information

WIC / Community Nutritionist
Janelle R. Gomez
3601 C. Street, STE 978
Anchorage, AK 99524
907-269-8446
janelle_gomez@health.state.ak.us